

**Paid for by:**

- Medicare
- Medicaid
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## *Signs you or your loved one may need palliative care:*

1. Uncontrolled symptoms or pain – increased need for medications
2. Spending more time in bed or in a chair – decreased alertness and increased time sleeping
3. Difficulty performing activities of daily living such as bathing, dressing, walking, toileting, getting out of bed, or eating meals
4. Frequent hospitalizations or emergency room visits – two or more in the last six months
5. Functional decline – impaired mobility, frequent falls, skin breakdown, or unexplained weight loss
6. Advanced, chronic medical conditions – dementia/Alzheimer's, cancer, kidney disease, lung disease such as COPD, heart failure/disease, or stroke
7. Undecided goals of care for healthcare – need for advance care planning

**What is palliative care?** Palliative care is specialized medical care conducted by Nurse Practitioners in the comfort of your home. These in-home visits aim to focus on symptom relief and improving quality of life for the patient and family by reducing unnecessary hospital visits, providing pain and symptom control, acute care, continuing patient education, advance care planning and medication management. We put the patient's goals and desires first in hopes of making life more comfortable to live and increasing quality time with their families. *At Home Palliative Care* conducts these treatments while patients continue to seek aggressive and/or curative treatments if needed such as chemotherapy, radiation, and/or dialysis.

**What is the goal of palliative care?** The goal of this specialized medical care is to improve the patient's quality of life and decrease symptom burden by controlling pain and managing symptoms such as shortness of breath, depression or sadness, nausea, vomiting, constipation, anxiety or nervousness, difficulty sleeping, poor appetite, etc. We also strive to reduce the need for emergency room visits.

**Why choose *At Home Palliative Care*?** We offer 24/7 triage to our existing patients. Patients are seen in the comfort of their home by a certified nurse practitioner. Social worker services are available. Labs and x-rays can be done in the patient's home. We arrange in-home therapy if needed and assist with obtaining medical equipment. We accept Medicare, Medicaid, and private insurance. We LOVE what we do!

If you feel that you or your loved one may be ready for palliative care, please call us to schedule an initial in-home consultation. We look forward to meeting you!